



SFA-notice-053 民防培訓 (GPC)

課程簡介：

近年來全球的自然災害頻繁發生，澳門紅十字會作為本澳民防架構的其中一員，以運送待撤離的市民及在災難中提供急救服務為義務。為有效地鞏固民防工作的團隊，本課程希望透過學習為參加民防工作及應對各種不同民防工作好準備。

課程目的：

讓學員掌握民防工作隊的運作及相關的物資的使用；透過課程的互動，培養隊員間的默契。

課程內容：

體能訓練、對講機使用、現場急救程序、傷口處理及包紮、骨折處理(三角巾、鋁質夾板、真空夾板的使用)、脊椎創傷固定(長脊板、鏟床及頸套使用)、傷者搬運(徒手、抬椅抬床使用、輪椅使用)、救護車及救護巴士使用培訓、在車上進行 CPR 及使用 AED、氧氣調節系統使用等。

課程時數：每堂一至三小時

學員人數：每班 6 人起

報讀資格：只限本會民防工作隊隊員參與

主講導師：澳門紅十字會急救導師

授課語言：廣東話 / 普通話

課程費用：免費

評核內容：體能測試/演習

證書：不設證書。

更新日期：2026-04-24



SFA-notice-053

Civil-Defense training (GPC)

Course description:

Natural disasters have occurred frequently around the world recently. As a member of the Macau Civil Protection member, Macau Red Cross is obligated to transport citizens awaiting evacuation and provide first aid services during disasters. To strengthen the civil protection group effectively, this course aims to prepare the group members for participating in and responding to various civil protection tasks.

Learning objectives:

To equip our civil protection group members with knowledge of the operation and the use of related materials; and to foster teamwork among members through interactive activities.

Course content:

Physical training, walkie-talkie usage, on-site first aid procedures, wound management and bandaging, fracture management (use of triangular bandages, aluminum splints, and vacuum splints), spinal cord injury immobilization (use of spine boards, scoop stretchers, and cervical collars), casualty transportation (manual transportation, use of carry chair, ambulance stretcher and wheelchair), training of using ambulance and ambulance bus, performing CPR and using AEDs in the vehicle, and use of oxygen regulation systems, etc.

Course duration: 1-3 hours per lesson
Class size: 6 persons up
Eligibility: For Civil Protection Group only
Course tutor: Macau Red Cross First Aid Instructor
Language: Cantonese / Mandarin
Cost: **FREE**

Assessment Content: Physical test / simulation

Certification: No certificate issued.

Updated: 2026-04-24